

It's looking to be a great summer season... meaning lots of **beach & park parties, BBQs, FeStivaL FuN** and **all sorts of madness**. Summer can be the best time of the year, so make sure you are able to enjoy it to the max! Here are a few tips to keep you right during the summer holidays

## THINK ABOUT YOUR DRINK

If you **do** choose to drink, **keep an eye on how much you are drinking**. With long summer nights at the park and all day festival events, it can be easy to lose track of how much bevvy you've had.

### Top Tips

- **When drinking spirits (like vodka or rum), measure drinks by the capful. One capful is around 25ml/one unit), and you can also divvy things up equally between your mates.**
- **Keep your beer caps to count how much you've had**

To keep healthy, the recommended amounts are 2-3 units for women, and 3-4 units for men a day. **There are no guidelines for what is safe for under 18s.**

## PACE YOURSELF

Pouring alcohol into other bottles can seem like an easy way to sneak booze into outdoor events or to avoid having it dumped out by the police. **Just be careful—it is hard to know how much you are drinking when you mix things out yourself.**

**TIP:** Try bringing along **\*another\*** bottle of just plain juice and take turns drinking out of that one. That way you won't get too drunk too quickly and miss out on the event... Imagine if you spent all that dosh on a ticket, got too drunk, and couldn't remember any of the show!! Drinking too quickly seriously damages your health and puts you at serious risk of lots of things like getting sick, blacking out, and countless others.

## DRINK WATER

When you are out all day in the sunny weather it's always important to make sure you drink lots of water. Not just fizzy juice.

Alcohol is a diuretic, which basically means that it makes you have to go to the toilet more than you normally would. You lose a lot of water this way, making your body really dehydrated. That's one of the reasons that hangovers feel so bad—because your body is missing all that H<sub>2</sub>O.

**So it's important to keep lots of water in your system \*all through the day\*, especially when you are drinking bevvy.**

## MATES STICK TOGETHER

Make a spot that you can meet if everyone loses each other, like the tent (if you are camping), or front right of the main stage (if you're at a music event).

If you are going to the toilet or to get some food—always keep a mate with you. That way if you lose the rest of your group you can look for them together.

Never let anyone leave with a stranger (that includes yourself!). Make sure you know how you AND your mates are getting home at the end of a night.

**If you do start to get sick, get nervous about a friend or just generally don't feel right—get help!! Head to the first aid tent, call 999, speak to the staff or call the police. They are all there to help you! Sometimes the situation is just too big to handle on your own.**

